

IN TIMES OF CRISIS:

National Suicide Prevention Line

(800) 273-8255

24/7 free and confidential support for people in distress. They also offer prevention and crisis resources.

Crisis Text Line

741741

A free, 24/7 support for those in crisis. Text 741741 from anywhere in the U.S. to text with a trained crisis counselor.

DENOMINATIONAL RESOURCES

Comfort My People

pcusa.org/resource/comfort-my-people-policy-statement-serious-mental

The Presbyterian Church (U.S.A.) published a statement on serious mental illness in 2008, “Comfort My People,” that includes a study guide. The 223rd General Assembly, on the statement’s 10th anniversary, approved an overture designating funds to develop resources to help congregations minister to help people facing mental illness and their families.

Mental Health Ministries

mentalhealthministries.net

This is part of the DisAbility Ministries Committee under the United Methodist General Board of Global Ministries. This interfaith web-based ministry provides user-friendly downloadable print and DVD resources, all working to encourage the development of “Caring Congregations” applying a five-step model of education, commitment, welcome, support and advocacy.

FOR BUILDING AWARENESS, EDUCATING, SHARING:

American Foundation for Suicide Prevention (AFSP)

afsp.org

AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide. AFSP’s chapters across the country help create a culture that’s smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide.

Project Semicolon

Projectsemicolon.com

Project Semicolon is an organization dedicated to the prevention of suicide. Their work is based on the foundation and belief that suicide is preventable and everyone has a role to play in preventing suicide. The idea of the semicolon in a sentence is an opportunity for a pause, not a full stop; after that pause, life continues. Project Semicolon raises public awareness, educates communities and equips people with tools to save lives. Their website offers the opportunity for people to share their own stories.

National Institute of Mental Health

nimh.nih.gov

Visit the NIMH website for the latest research, advice and perspectives on mental health.

National Alliance on Mental Illness

nami.org

NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.